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THURSDAY, FEBRUARY 14, 2013

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INPORT NEWS

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■ POLITICS

Snowstorm fails to stop Trudeau

ALLAN BENNER
InPort News Staff

WELLAND - It took more than a snowstorm to keep Justin Trudeau from meeting supporters last week.

The federal Liberal Party leadership candidate was at the Welland Arena community room, along with about 50 party faithful to discuss his hopes for rebuilding the party after years of decline.

Not long ago, he said, the Liberal Party held a majority with 170 seats — a far cry from the 34 seats the party currently holds in Parliament,

which holds 308 MPs.

Trudeau blames the decline on a distrust of government representatives.

Canadians, he said, are "more cynical than ever before about politics."

"All too often politicians these days are not representatives for us in Ottawa. They're representatives of Ottawa here in our communities.

That's an absolute disconnect from the role of our leadership, which is supposed to be about serving and speaking for you," he said.

see VISIT | page 2



ALLAN BENNER Staff Photo
Federal Liberal leadership candidate Justin Trudeau talks with Ward 3 Coun. Paul Grenier, left, and Benoit Mercier, the Liberal party's candidate for the Welland riding in the last election, on Friday.

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upfront

■ VISIT

Trudeau will treat all regions equally



ALLAN BENNER Staff Photo

Liberal leadership candidate Justin Trudeau arrived for a meeting with party faithful in Welland Friday, greeted by riding association president Peter Opdam and local Liberal party member Bill Foote.

POLITICS

No big governance reform will take place at Niagara Region

JEFF BOLICHOWSKI
QMI AGENCY NIAGARA

THOROLD — Regional council's last chance for a big governance move ended with councillors seeking only to keep the regional chair's job within the council horseshoe. Councillors backed a move from committee and voted 18-10 on an amendment to seek the province's per mil s

sion to limit candidates for chair to sitting councillors, chosen by councillors. They want that to happen in 2014, but they'll need provincial consent, public meetings and a triple majority vote.

And they deferred entirely a look at having elected officials serve on both city and regional council. They asked that the proposal come back when a governance commit-



Zimmerman

tee in St. Catharines weighs in on the issue.

"What we did get cleared up is the chair must be elected from the

members of council and

must have a seat," said Grimsby Councillor Debbie Zimmerman.

But she said she wanted to see the regional chair elected at large.

"I think the only appetite was taking a minor step."

Councillors gave the debate over electing the chair a bit of time, but it focused largely on a procedural quagmire.

That came after

economy has more than doubled in size compared to 30 years ago, Trudeau said the median family income has only increased by 13%.

"Middle class Canadians ... have seen their incomes stagnate while costs rise. That's led to exploding personal and household debt."

Asked what he will do for the Niagara Region, Trudeau responded by saying he will treat this as no differently than the rest of Canada.

He said he "will not pick and choose what areas I will reach out to, but make sure that Canada's success is broadly shared right across the country."

"Every different region has its particularities from EI concerns in the Maritimes to resource preoccupations out west, to manufacturing concerns here

in Niagara," he said. "We have to respond to and be aware of the regional particularities by empowering members of parliament to be strong voices for their ridings in Ottawa and not just follow the party line ... but more than that we have to understand that Canada will succeed or fail all together."

His visit to Welland was also an unexpected opportunity for Trudeau to see an old friend.

"Bob Cooper was such a part of my childhood, an important part of what was an extraordinary time in my life," he said, referring to the photographer who snapped many pictures of the Trudeau family during his career. Unexpectedly, Cooper was at the event to greet Trudeau when he arrived in the community room.

"Seeing him was actually quite overwhelming and humbling,"

Zimmerman conceded the amendment may have confused councillors.

St. Catharines Mayor Brian McMullan said the desire for governance reform exists mainly in St. Catharines.

Three of the six St. Catharines councillors — Andy Petrowski, Bruce Timms and Ronna Katzman — joined McMullan in voting against the move.

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portraits

■ TAMMY GABOURY: Animal lover

Holding a humane world view

MARYANNE FIRTH
InPort News Staff

WELLAND — Tammy Gaboury has made it her goal in life to ensure every dog — and cat, for that matter — has its day.

The adoption co-ordinator at Welland and District Humane Society has an unmatched passion for all things furry and has dedicated her life to helping four-legged friends to find loving homes.

Gaboury's love affair with the humane society began when she was only 11 years old.

She would visit stepmom Janette, a staffer at the shelter since 1975, at work and peek in on the animals when she could.

Whenever the youngster had a spare day, off to the humane society she'd go to volunteer her time and assist wherever possible.

"I've always loved animals, since I was little," Gaboury says with a smile.

"Our family has always had something," she says, thinking back to the many pets the Gaboury clan has owned over the years.

Despite her love for critters of all kinds, Gaboury wasn't quite sure where her path in life was headed.

But in 1994 she received an offer that she simply couldn't refuse.

It was one that changed her life forever.

Gaboury was offered a casual animal care position at the shelter she loved so dearly.

"And that's where it all began," she says, showing no sign of regret.

It's been 19 years since Gaboury signed on and her motivation is the same as it was on Day 1.

"I know in this small section of the world I can make a difference in the lives of animals. That's what matters," she says, confident that her co-workers feel the same.

When asked what it is about animals that so delicately pulls on her heartstrings, Gaboury is quick to answer.



MARYANNE FIRTH Staff Photo

Welland and District Humane Society adoption co-ordinator Tammy Gaboury has long had a passion for animals. One of her latest loves is Hope, a rescue brought into the shelter in December who is looking for a loving home.

"Unconditional love," she says.

An animal could have faced deplorable conditions, been through unthinkable abuse and even been abandoned by those who were supposed to show it care, but it will often still show love for humans with the wag of a tail or even a lick.

"You pick them up off the road and they know you're there to help," she says.

Of course, difficult times are not always that easy to overcome.

Gaboury admits she's faced her share of hard days at work.

Those days come when despite best efforts to save an animal, there's nothing that can be done because the damage is simply too great.

That's when staff switch gears and instead focus on making its

final moments as peaceful as possible, she says.

While those days are no doubt hard to swallow, they are balanced with times where animals make a full recovery and are adopted into loving homes.

"It's the best feeling in the world to find them a home. Nothing compares to that," Gaboury says, calling it the highlight of her days at the humane society.

It's been 11 years since Gaboury took on the role as Welland's adoption co-ordinator, which has her hosting and assisting with a variety of adoption events and initiatives throughout Niagara.

She lit up when speaking about a recent adoption blitz at the St. Catharines PetSmart, where 16 dogs, three cats and a rabbit were adopted in only

three days.

Gaboury works hard to raise awareness of the humane society and its animals in need of homes. She appears and provides adoption listings regularly to two local morning radio shows and has plans to team up with Niagara College's broadcasting department to raise awareness about adoption.

"It's a lot of work, but it's totally worth it," she says, happy to promote the shelter whenever she can.

The humane society has a community adoption event coming up in April that will welcome visitors to come see adoptable animals at Pet Valu and Paulina's stores.

At the start of May, the shelter will also be teaming up with Cruise Niagara and Seaway Mall for a dog and cat adopt-a-thon.

The shelter already has a cat adoption centre in the mall, but for a limited time a second storefront will be transformed to showcase the poodles as well.

"We need the community support. We have to get out there in the community and let people know we're here," Gaboury says. Days of staff sitting in the shelter waiting for people to come in and adopt are gone, she adds. It's now the organization's responsibility to get out in the community and find those worthy animals new homes.

It comes as no surprise that Gaboury has a self-proclaimed "zoo" at home, though she stresses she knows her limits.

With three dogs, one of which is being fostered, and five cats, Gaboury and her two daughters, 17-year-old Paige and 12-year-old Sheridan, have their hands

full.

Each animal is special and has its own story, which Gaboury will gladly tell, but it's the tale of her 11-year-old walker hound that draws the most emotion from the Niagara Falls resident.

At only 10-months old, the pup was found on a country road, emaciated with cigarette burns all down its back.

Gaboury took the dog home, nursed it to health and welcomed it to the family.

"You couldn't ask for a better dog," she says.

The bond that's since been created is one Gaboury believes often develops between rescue dogs and their owners.

She explains she sometimes shakes her head when she looks in the shelter's kennels only to see amazing dogs who have been passed up time and time again.

Many of the dogs who end up at the humane society have at least some training and the organization's volunteers work hard to socialize the canines through the dog-walking program.

"A shelter dog is not necessarily a bad dog," Gaboury says, hoping to shatter the unwelcome stigma.

She also hopes to clear up a few misconceptions about the humane society itself.

The shelter covers a huge geographic area, stretching to Lincoln, West Lincoln, Pelham, Wainfleet, Port Colborne and Welland, and even Haldimand County.

People also tend to think the humane society deals only with cats and dogs, Gaboury says, but that's simply not the case.

"We get calls about runaway emus, horses, potbellied pigs, goats, you name it," she says, adding the Welland shelter has also had numerous encounters with reptiles.

Gaboury has even seen a few large cats, including a lynx that she remembers quiver vividly, come through the doors over the years.

"Every day is different," she says, never knowing what each work day will bring.

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ourview

This conversation could be a life saver

Can we talk?

Today, here's hoping we can.

Feb. 12 has been designated Let's Talk About Mental Illness Day, to battle the most dangerous aspect of the disease — stigma.

Nobody wants to admit they suffer any form of mental illness.

They fear they will be ostracized, lose friendships, relationships, employment opportunities.

Instead, millions suffer silently and pretend they can deal with it out of view from a society that until now has chosen to stick its proverbial head in the sand.

Sure we have come a long way since sanitariums, prisons, and lobotomies, but there are still miles to go. Sadly, many just give up.

Baltimore, Alta., product Rick Rypien was one such victim.

Hockey tough guy mostly with the Vancouver Canucks organization, he reached out for help.

He had two leaves from his hockey career, leaning on good friends such as teammate Kevin Bieksa to help him through.

Rypien would sign with the Winnipeg Jets prior to last NHL season, but he never wore the jersey.

On Aug. 15, 2011, Rypien was found dead in his Crownpoint Pass, Alta., home, a suicide.

That illustrates how important it is to have open dialogue about mental illness, how to recognize symptoms, how to give help and how to get help.

More celebs are coming forward to share their struggles with depression.

Catherine Zeta-Jones, David Letterman and TSN host Michael Landsberg are just a few who have courageously run the risk of being stereotyped as "crazy."

Understanding root causes of depression — seasonal affective disorder, post-partum, dysthymic disorder, clinical — it's tough science, but it is science and it can be treated in many ways.

Recognizing symptoms such as changing sleeping habits, appetite and weight changes, lack of focus or confusion, loss of interest and/or self esteem and in relationships, guilt, irritability, reclusiveness, and of course, talk of extreme measures, all can be signs of depression.

That's why it is not only important for people suffering from depression to learn more about it, it's equally important for those around them who can help.

But first things first.

Let's talk.

— Fred Rinne

■ COLUMN

Love is about more than romance

REV. THOMAS P. ARTH
First Evangelical Lutheran Church

Twenty three years ago this week I proposed to my girlfriend. I bought a ring and thought Valentine's Day would be a really romantic time to propose. But as the days approached I started thinking that maybe getting engaged on Valentine's Day was a bit too cheap. Also, the ring was burning a hole in my pocket. I couldn't wait to give it to her.

So on Sunday, February 11, 1990 I took my girlfriend out for lunch after church. We ended up at the Black Forest Inn in Hamilton. We both come from German families so we'll rarely turn down a nice Schmitz for lunch or dinner. Well, after lunch I started to rummage around in my coat pocket.

My girlfriend asked what I was doing. I said I was looking for something. When I found the little box I slipped out of my seat and knelt down on the floor. I opened the box and saw the ring if she'd marry me. She said yes. I put the ring on

her finger, gave her a kiss, the people seated around us all applauded, and my girlfriend became my fiancée.

Coincidentally that was the same day that Nelson Mandela was released after 27 years in prison. When my fiancée became my wife, a little over 8 months later, the emcee at our wedding said that on the day Mandela gained his freedom I lost mine. Truthfully, I have no regrets. I love my wife more and more every day.

What do I tell you this? Why makes me think anyone but my wife and I really care? Well, I don't really, but it's Valentine's Day when people are thinking about love so I told some of my love story.

It's true that not every love story has a happy ending. Many people find Valentine's Day very depressing because everything they see and hear is about love, love, love, and yet they're not in a relationship. Either that or their relationship has recently ended and Valentine's Day is just another reminder of that. But love is about more

than romance. Valentine's Day plays up the romance part. It sells chocolate, flowers, jewelry, and dinner reservations. But love is not just an emotional response to nice gifts and a romantic date.

The Bible contains a hymn to love, something that most people have probably heard at every wedding they've ever attended. It wasn't written with weddings in mind. It wasn't written about romantic love. It was written to demonstrate the kind of self-giving love such as the love God has for us. What it says is: "Love is patient; love is kind, love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends" (1 Corinthians 13:4-8).

Now, that doesn't sound like romantic love. I do think that's the kind of love that we'd all like to have. Even if we're not

in a relationship with a husband or wife or girlfriend or boyfriend we can have the kind of love described by that scripture reading. Romance can fade, emotions can fade, but real love, as the Bible says, is patient, endures all things, and never ends.

When we read that description of love we might think it's something we can't live up to. We're only human, after all. Sure, we mess up, we don't love or love the way we'd like to. But life is a journey and just as we grow in knowledge, in maturity, in faith, we can also grow in love. The Bible also says that we love because God first loved us and "If we love one another, God lives in us, and his love is perfected in us" (1 John 4:12).

God loves us with the kind of love that we might only dream about, the kind of love that we might aspire to. Living in that kind of love is going to help with God and with God's people, his love grows in us.

May you know the love of God, may you grow in faith and love. Happy Valentine's Day.

■ readers' views

Keep religion out of public schools

Gideon's Isid's should not be offered to vulnerable children, especially at publicly funded schools where proselytizing is prohibited.

If District School Board of Niagara wishes to approve this kind of coercion that has an obvious purpose then it should also allow the Koran to be distributed along with Hindu and Zoroastrian literature and all other denominations. Too clearly it is discriminatory to allow one sect the advantage of indoctrinating young minds as if this was the one and only truth.

In Ottawa there is now a campaign by Muslim leaders to have dedicated space in public schools for prayer.

If people wish to express their peculiar ideas about reality they are perfectly within their rights to do so, but not on school property that is funded

by taxes.

The school board is not obliged and should not bow to pressure to accommodate because there surely will be no end to the requests from the many differing and contradictory sectors of religious belief.

Instead, children of all ages should be taught the power of rational thinking against the mindless fanaticism emanating from the dark ages when the most enlightened individual thought that the world was flat and the sun and moon circled the Earth as the centre of the universe.

Ronald J. MacPherson
Port Colborne

Kind and efficient treatment

I recently attended the minor-op

department at Welland hospital for a routine procedure.

Whilst Niagara Health System administrators continue to receive much well-deserved criticism, it is a relief and pleasant change to be able to write nice things about those who actually do the work in our health system.

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From the young lady who checked me in, to the nurse on the station, the one who moved me into the operating room and the surgeon, even as I drifted off...

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Andrew Watts
Warfield

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■ DETOURS COMING

■ COLUMN

Bridge work to span months

MARYANNE FIRTH
Port News Staff

PORT COLBORNE — Construction is coming to the major routes into Port Colborne.

Rehabilitation work is scheduled for two bridges on Hwy. 58 and one on Hwy. 140, all which are expected to impede traffic over a number of months.

The Ministry of Transportation and management agency AECOM provided Port Colborne city council with a brief overview of work planned to take place over the next two years.

The bridges on Hwy. 58 are more than 50 years old and on Hwy. 140 about 40 years old. The rehabilitation work is needed to extend their service life.

Work on Hwy. 58 will include the rehabilitation of the Forks Rd. overpass, as well as the CN Rail overhead bridge. Construction is expected to take four months and during that time the affected portion of Hwy. 58, from south of the Forks Rd. bridge to north of the CN Rail

bridge, will remain closed to traffic, said AECOM project manager Brenda Jamieson. A detour route is set to take drivers along Hwy. 58A, also known as Townline Tunnel Rd., and Hwy. 140.

The road cannot remain open, Jamieson said, as the deck will not be able to sustain a single lane during construction. Forks Rd., however, will remain open throughout construction.

The superstructure of the bridges will be replaced, shoulders improved and new barrier walls built. Modifications will be made to the vertical alignment of the bridges and the Welland Hydro aerial plant at the Forks Rd. crossing will be relocated.

On Hwy. 140, work will be done to rehabilitate the CN Rail/CP Rail overhead bridge, found south of Netherby Rd. It will include replacement of the deck, clearing and coating of existing steel-pipe girders, improvement of shoulders, and installation of new barrier walls, as well as minor modifications to horizontal and vertical alignments.

see CONSTRUCTION | page 6

The next time you get your morning cup of coffee from the local Tim Hortons or fix your late night craving at Subway, you may want to be a little more careful about how you treat the person serving you.

No matter how bad of a day you're having, you might be surprised at how difficult a time the person across the counter from you is having.

No one will know if your cat was run over by your clueless neighbour this morning, or that your boyfriend or girlfriend dumped you for your best friend over



Michelle Pressé
SMALL
TOWN GIRL,
BIG IDEAS

a text message a couple of hours ago.

Chances are, that high school student saving up for college/single parent/person trying to make ends meet isn't in the mood to deal with your attitude because they forgot to put extra ketchup packs into your McDonald's Happy Meal.

Heck — even if that high school student is saving up for an endless supply of Mr. Noodles instead

of the sky high prices of post-secondary tuition, it doesn't give you the green light to be rude.

It isn't physically demanding to be polite to people who are being paid less than they deserve. Do you really want to be the type of person who ruins someone's day by calling up their manager to complain about there being 23 Timbits in your classic yellow box instead of 24, the number you intended when you asked for two dozen?

Simple acts of kindness such as putting a little bit of money in someone's tip jar or even just saying "thank you" goes a long way to the person bagging

your groceries, and makes the world go 'round a little smoother.

Think about it — not only does it make someone else's day a little brighter, but the more positive energy you put out, the more you get back.

Acts of kindness towards people in the service industry doesn't mean that you have to give flowers to the cashier when picking up your weekly lottery ticket, but making friendly conversation and being nice makes all the difference in someone's work day.

And why risk the bad karma, anyway?

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■ MUNICIPAL FINANCE: Port Colborne mayor looking to save money

Badawey suggests buying in bulk

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Buying in bulk saves bucks.

It's a commonly known fact that Port Colborne Mayor Vance Badawey wants to see applied on a regionwide level.

During the lakeside city's budget deliberations, Badawey questioned whether there's potential to see Niagara's 12 lower-tier municipalities join forces to make joint purchases on items such as office supplies, just as they do for gasoline.

"We need to approach the region to use their buying power," he told councillors as they collectively worked to crunch Port Colborne's

numbers.

Regional tenders can be a benefit to all Niagara communities, he said, with potential for big cost savings.

Badawey said municipalities could come together to fund a single regional purchasing position. That person would be responsible for ensuring the municipalities get the best rates on supplies and services, he said.

"With all due respect, Mr. Mayor, the 12 municipalities would never agree on how to purchase," engineering and operations director Ron Hanson said in response.

"All of the municipalities have different purchasing policies," Hanson said.

"We can't agree on

something as simple as a water rate, never mind a purchasing policy."

"Then rewrite (them)," Badawey said of the policies, adding that if it saves

Niagara municipalities money, it should be looked at.

"If taxpayers suffer because of the policy in place, then fix the policy."

"We already do it at the federal level," Badawey said, unsure of why it couldn't be done regionally as well.

"We could save a lot of money."



Badawey

If regional purchasing was put into place, Hanson said he believes it would take longer for supplies and services to be approved and to get into the bands of city staff.

"If it takes us an extra day or two to get the product but it saves us big bucks, then so be it," Badawey replied.

"You might be right, Ron, but it behooves us to investigate ... These are the conversations we need to start having."

Badawey plans to bring the issue forward at an upcoming regional finance committee and chief administrative officer Bob Heil plans to do the same at an upcoming CAO meeting.

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Temporary signals will help traffic

FROM PAGE 5

While construction is underway, traffic will be reduced to one lane with temporary traffic signals put in place at the bridge site.

Jameson noted that construction on Hwy. 58 and Hwy. 140 will not take place during the same construction season. Work on Hwy. 58 is likely to commence this summer, she said, with work on Hwy. 140 beginning in 2014.

"We recognize the importance of providing access to Port Colborne," she told councillors.

Mayor Vance Badawey requested that work not be done during Canal Days Marine Heritage Festival — the city's signature event, which takes place in early August.

Jameson could offer no assurance that construction would not overlap with the festival.

"That's a concern," Badawey said, adding if they do coincide, city staff will have to work to ensure proper signage is available to direct out-of-town drivers.

Ron Hanson, the city's director of engineering and operations, said signage has been effective during construction periods in the past.

Jameson said the ministry will provide notice of the projects through local newspapers, Port Colborne's quarterly newsletter and will put signage up in the affected areas prior to construction starting.

She also stressed that a process is in place to inform emergency services of traffic delays that will be in place.

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InPort News Staff

PORT COLBORNE — This one's sure to be a 'hair-raiser.' Port Colborne Feline Initiative is out to prove that bald is beautiful through its second annual Baldacious fundraising event.

A group of cat lovers have lined up to have their locks lopped off in the name of the organization's spay/neuter programs. To date the programs have treated 575 felines in an effort to help control the local cat population.

On March 15, hair will hit the floor at Bridger's Laundry-Mutt in Port Colborne. Until then, pledges to support the courageous clippers can be made at CanadaHelps.org, by e-transfer to pcfelines@live.ca or by cheque mailed to P.O. Box 132, Port Colborne, L3K 5V8. Donations of \$10 or more will receive a tax receipt.



PORT COLBORNE — It's time to shine the spotlight on the individuals and businesses who make the community a better place.

Port Colborne-Wainfleet Chamber of Business has begun accepting nominations for its Business and Community Excellence Awards.

The annual event has long offered three staple award categories — Citizen of the Year, Youth Citizen of the Year and Business of the Year.

This time around, the chamber has added some new awards to offer further recognition in the Port Colborne and Wainfleet area.

The Women in Leadership, New Business of the Year and Employee of the Year awards will be handed out for the very first time at the President's Awards Gala on Wednesday, April 10 at the Italian Canadian Cultural Centre.

The new business award is only open to businesses

that have been open for less than 13 months.

"We wanted to provide more opportunity for the event to grow," said chamber board director Lynn Goulet, who brought forth the new categories for consideration.

Deadline to submit nominations is Thursday, Feb. 28. Instead of using a tra-

ditional nomination form, the chamber is instead asking people to write 150 to 200 words on why the nominee is deserving in the chosen category.

Nominations can be e-mailed to office@pcw-chamber.com or dropped off directly at the chamber office, 76 Main St. W. in Port Colborne.



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Doggone delicious idea



MARYANNE FIRTH
InPort News Staff

WELLAND — Get your Mojo ready.

Welland and District Humane Society certainly has.

If her wide eyes and wagging tail were any indication, the young lab/shepherd mix with the inventive name was ready to trade her dog treats for 'pupcakes' on Thursday.

But the loveable canine, just like her human counterparts, will have to wait until Monday, Feb. 25, to satisfy her sweet tooth.

National Cupcake Day for SPCAs and Humane Societies will see the popular sugary desserts up for grabs in exchange for monetary donations at the Welland shelter's Provincial St. facility, as well as its cat adoption centre inside Seaway Mall.

West Main Animal Hospital, which has come on as the event's sponsor, will also have cupcakes available — both regular and those made

specifically for poodles. Funds raised locally will support a new companion animal clinic the humane society is working to launch that will assist with low-cost spay and neuter.

While the day is meant to bring in donations, it's also an opportunity to encourage people to visit their local shelter and peek in on pets, like Mojo, for whom adoption would be the proverbial icing on the cake.

"Let's make cupcake day a fun day," said adoption co-ordinator Tammy Gaboury, who is hoping to see a slew of volunteers jump on board to make the inaugural event a success.

Volunteers are needed to assist with baking and other tasks for the special day.

For more information, call the humane society at 905-735-1552.

People can also sign up at www.ontariospca.ca to host their own cupcake party to raise funds for the humane society.

maryanne.firth@sunmedia.ca

Mojo is anxiously awaiting National Cupcake Day for SPCAs and Humane Societies happening on Monday, Feb. 25. That day, cupcakes will be available locally in exchange for donations to Welland and District Humane Society.

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■ ACTIVE LIVING

They walked to New York

VICTORIA GRAY
Tribune Staff

PORT COLBORNE — Most people don't walk to the corner store let alone to New York City.

That's the distance the walking group at Port Cares Reach Out Centre has managed to log since October.

On Thursday members celebrated the completion of the 811,679th step, which is about the distance from Port Colborne to the Big Apple.

Beil Burger joined the group in July to lose weight and stay active — and lost about 4.5 kilograms in the process.

"It feels really good to have accomplished the goal," Burger said. "It sure took a while."

To reward themselves, Burger, her daughter Tina and three other members gathered at the centre for cheesecake, bagels and cream cheese and coffee.

The eight-member group started the virtual 506-km walk in October, trekking around the area of Port Cares Reach Out Centre on Nickel St. They also ventured over the nearby bridge and walked around downtown.

Reach Out Centre healthy living co-ordinator Laura Ciccone said in the summer months the group walked to the community garden on Davis St. and picked fresh produce for the food bank.

"In the summer it was easier to get people motivated to walk, but when it got colder I wanted to do something new and fun," she said. "I figured New York was a fun place and people who haven't been there want to go and those who have want to go back."

In two weeks Ciccone hopes to start an indoor exercise program that will meet Mondays and Thursdays for people of all ages and abilities.

"It's designed for everyone from people who can't stand up to those who are more active," she said.

The program will focus on strength training and graduate to cardio without using expensive equipment.

For more information call Ciccone at 905-854-1914 ext. 21.

A healthy lifestyle is important, and for a lot of people those are scary words," she said. "I just want to show people exercise can be fun and social."



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Using their heads to fight homelessness

VICTORIA GRAY
InPort News Staff

WELLAND — Residents donned toques and raised their forks for homelessness across Canada last week.

Just under a hundred people came out to Welland's market square for the Hope Centre's Toque Tuesday breakfast to kick off the Raising the Roof campaign.

They wore the campaign's signature knitted toque while eating peameal bacon, eggs and pancakes.

Cheryl Stead stopped in to support the cause and have enjoy the breakfast.

"There are too many homeless people and this is one way I'm glad to help," she said.

Hope Centre executive director Mark Carl said the annual event is not just about raising money for initiatives that address homelessness. "The event is about raising awareness, we appreciate the support," he said.

Everyone who attended the breakfast received a Raising the Roof toque.

People can still pick up a toque for \$10 at TD Canada Trust Bank on East Main St., Meridian Credit Union and First Ontario Credit Union at Niagara St. and the Hope

Centre.

Port Cares also held a Raising the Roof Toque Tuesday. About 50 people showed up to support the first-time event in Port Colborne.

Port Cares family and community programs co-ordinator Stephanie Katulic-Ducharme said it was a huge success.

"We're really happy with the turnout and hoping we can do it again next year," she said.

She said raising awareness about homelessness is important in Port Colborne because many people think it doesn't exist there.

"We don't have a local shelter, so most of the



VICTORIA GRAY Staff Photo

Hope Centre volunteer Ron Jones and food services co-ordinator Gina Coudrey help serve patrons at the centre's annual Toque Tuesday breakfast for the Raising the Roof Campaign.

homelessness is hidden homelessness and one of the biggest things Raising the Roof does is raise awareness that it does happen — and we

need to help," she said.

Lakeshore Catholic High School students heard that message loud and clear. They are raising funds for the cam-

paign on Friday at 1:15 p.m. with a students-versus-staff charity dodgeball game.

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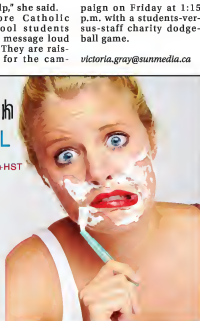
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■ **BOOKS:** Port Colborne author behind Our Everyday Lives Include Coffee series

A new chapter in life

VICTORIA GRAY
Tribune Staff

PORT COLBORNE — Tyler Hojberg hated working dead-end jobs, not knowing where his life was going.

So he decided to go for broke and follow his dreams. The 22-year-old from Port Colborne has always had a penchant for art and artistic expression, so he quit his job at a retail store and started writing, drawing and inking a series of graphic novels, *Our Everyday Lives Include Coffee*.

"I'm really passionate (about art) and I'm a really hard worker, so I thought I could make something really great," he says.

The prelude to the series, *Our Everyday Lives Include Coffee: Wild Beasts of the Earth*, was finished and selling on Hojberg's website in early November. More than 1,000 copies have sold. He has groups of followers in South Africa, the United Kingdom and the U.S.

"I want the novel to read like a cup of coffee," he says. "It has very sweet characters in a bitter world."

The graphic novel is set in 2040 in a small town called Speck, after an economic collapse caused mass suicides in 2033.

The second installment of the six-part series, *A Devil in the Boardroom/An Angel in the Coffee Shop*, comes out in the spring. The novel follows

everyman Jonathan White as he deals with life in the aftermath of an economic downturn.

"John is myself — the parodied, distilled version of myself," Hojberg says. "He doesn't say much. A lot of people tell him what to do and he doesn't really have any control over things, but he is very opinionated."

The graphic novel mirrors today's society, he says, and foreshadows what Hojberg believes could happen if society doesn't make changes.

As White searches for truth in life and the purpose of his existence, he faces the challenges of living in a down-trodden society. He also experiences love, loss

and must face the end of the world.

For more information or to purchase a copy of

Hojberg's novel visit <http://oelc.com/> or @OELIC.

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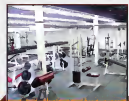
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■ **LEISURE:** Get out and 'Participate' on Family Day weekend

Sportsfest scores new activities

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE – Get ready to "Participate." Port Colborne's annual Sportsfest celebration is on its way – and its roster has been stocked with a wealth of activities to get people of all ages up and moving in the community.

Running from Wednesday, Feb. 13, to Monday, Feb. 18, the sports festival offers a little bit of everything in hopes of encouraging people to get out and get active, said

Allaina Kane.

Port Colborne's special events co-ordinator said the city is thrilled with this year's lineup, which includes a variety of events made possible by several community groups coming together.

"We've got lots to see, there's lots going on."

"We want people to come out and Participate. It's time to come out of hibernation."

Along with staple events, including the popular volleyball tournament and Frostbite Winter Mountain Bike Race, the weekend will

include a wealth of new activities including Artfest at Jericho House and YMCA favourites at Vale Health and Wellness Centre.

The much-anticipated facility will officially open its doors to the public on Feb. 16 at 10 a.m. with a special community celebration.

"It's a chance for people to see the shining new jewel in Port Colborne" and to also learn about the programs that will be offered there year-round, Kane said.

Port Colborne typically sees between 2,000 and 2,500

SCHEDULE OF ACTIVITIES

Wednesday, Feb. 13:

Mayor's Cup Invitational Hockey Tournament kicks off

Friday, Feb. 15:

6 p.m.: Elimination Dinner and Draw in support of Port Colborne Hospital Foundation, Italian Canadian Cultural Centre

8 p.m.: Music Trivia – Name That Tune at Canalside Pub and Eatery

Saturday, Feb. 16:

8:30 a.m. to 6 p.m.: Sno-Pitch Tournament, east diamonds Vale centre

9 a.m. to 6 p.m.: Volleyball tournament, headquarters at City Tavern

10 a.m.: Opening ceremony for the Vale Health and Wellness Centre

10 a.m. to 4 p.m.: ArtFest, Jericho House

11 a.m. to 6 p.m.: Sheraton Paintball Park, 490 Empire Rd.

Noon to 1:30 p.m.: Free skate, Vale centre

Noon to 2 p.m.: YMCA family bounce

Noon to 3 p.m.: Snow Golf Tournament, Whisky Run Golf Course

12:30 p.m. to 1:30 p.m.: YMCA pick-up basketball

1:30 p.m. to 2:15 p.m.: YMCA Zumba demonstration

Open swim (times yet to be announced)

1:30 p.m. to 5:30 p.m.: Youth basketball exhibition, Vale centre

9 p.m.: Craft beer and cheese tasting, Canalside Pub and Eatery

Sunday, Feb. 17:

8:30 a.m. to 3:30 p.m.: Frostbite Winter Mountain Bike Race, headquarters at City Tavern

9 a.m. to 9:45 a.m.: YMCA fitness demonstration

10 a.m. to 11:30 a.m.: YMCA family gym time

10 a.m. to 4 p.m.: ArtFest, Jericho House

11 a.m. to 3 p.m.: Volleyball tournament, co-ed division, headquarters at City Tavern.

11 a.m. to 4 p.m.: Soup cookout, Canalside Pub and Eatery

11 a.m. to 6 p.m.: Sheraton Paintball Park, 490 Empire Rd.

2 p.m.: Port Colborne Pirates junior B game versus Niagara Falls Canucks, Vale centre

YMCA aquafit demonstration and open swim (times yet to be announced)

Trap Shoot (time yet to be announced), Port Colborne and District Conservation Club


Monday, Feb. 18:

9:30 a.m. to 11 a.m.: YMCA pick-up basketball and family gym time

Noon to 1 p.m.: Free skate, Vale centre

1 p.m. to 4 p.m.: Final free skate at the Westside Arena prior to its closure

Open swim and family swim (times yet to be announced)



CORRECTION NOTICE:

(Please note the change to the spelling of PORTicipation) Our apologies from the INPORT NEWS to the City of Port Colborne

On behalf of members of City Council, it is my pleasure to kick off a community celebration that highlights the long anticipated opening of the vibrant Thomas A. Lannan Sports Complex – a project built by the community, for the community.

This state of the art, first of its kind in Niagara, health & wellness facility and complex will be the home of Port Colborne's next hockey hero, Olympic sledge hockey player, victorious figure skater, swimming sensation, water polo master, basketball superstar, famous track athlete, celebrated Special Olympian, volleyball legend, illustrious soccer player, recognized baseball player or bocce champion.

The Vale Health & Wellness Centre will be home to PORTicipation, encouraging a lifestyle of health and wellness for all ages.

The Vale Health & Wellness Centre will be home to over 240 programs under one roof, in partnership with many local and regional organizations, such as the YMCA – motivating a balanced community where business and lifestyle are a perfect match.

The Vale Health & Wellness Centre will be home to meeting and greeting your friends and neighbours – a true community hub where everyone belongs.

The Vale Health & Wellness Centre will be home to an enhanced culture of health and wellness that aligns with an overall robust menu of vibrant activities that includes all of our facilities and destinations throughout the community, such as our world class Sugarloaf Marina, sport fishing, thriving festival and entertainment scene, beautiful sand beaches, cultural favourites, arts and culture, golfing, scenic residential areas and unique shopping districts available within the Historic Welland Canal, highlighting a fun, active, healthy lifestyle available within the City of Port Colborne.

The Vale Health & Wellness Centre will be home to the next generation of inspiration.



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Mayor

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participants came out to Sportsfest, Same said. With the addition of the wellness centre opening, she hopes to see those numbers double.

One of the weekend's

most popular events, Kane said, is the soup cookoff at the Canalside Pub and Eatery. Tickets often sell out, she said, adding it's again expected to draw a crowd of

hungry diners.

For up-to-date information, registration details and ticket details for various events, visit www.portcolborne.ca/page/sportsfest.

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Airport is in jeopardy — pilot

ALLAN BENNER
 InPort News Staff

WELLAND — Unless things change, pilot Bill Chernish says the future is doubtful for the airport where he earned his wings.

And the Welland resident and international airline captain plans to visit the municipal councils of the four communities that contribute to the Niagara Central Airport's budget to discuss his concerns.

"I just want to see the airport continue," Chernish said. "And it's not going to continue the way they're (the airport commission) doing it. It's got to be brought to the public's attention."

Barb Butters, chairwoman of the airport commission, said the commission has plans in place to deal with the problems Chernish referred to, including finding tenants for the airport's main offices and hangar.

"We have new prospective tenants that we're going to start negotiating with very shortly," she said.

Chernish, a captain with AirTran Airways Inc., will visit Port Colborne city council Feb. 11, Wainfleet township council Feb. 12, and Welland council on Feb. 19. He said another concerned pilot will also visit Pelham town council on Feb. 19.

He plans to ask the councils "to review the situation and get it under control, and get their budget under control."

Chernish said he discussed his concerns with the airport commission during a recent meeting.

Although commission members were "quite open and frank" in the discussion,

he said he was left with concerns about the way the commission is structured.

"There's a whole bunch of things about the governance of the airport that raises concerns," he said. "They're just winging it."

Chernish said he asked members of the commission: "Do you see the airport as being in serious jeopardy right now. They said no, not at all."

He said there are currently no services available at the airport. And without services to offer, the airport "will have almost no income at all this year," he added.

"If you're looking at this and not thinking that the airport's in serious jeopardy you're really got blinders on," he said.

The airport, he added, already suffered a financial loss in 2012.

"I'm not on a witch hunt. I just want to get these people in line doing the correct things."

Butters said the commission would be willing to consider a change in the way the airport is governed, but in the immediate future they're primarily concerned with bringing service providers back to the airport — something they hope to have accomplished before summer arrives. "Our plan is to have tenants in the main hangar by this spring or early summer. We have targets set, and we're going at them."

Other airport commission members contacted by InPort News refused to comment, saying only Butters is authorized to speak on behalf of the commission.

allan.benner@sunmedia.ca

■ **COMMUNITY:** 7-year-old's classmates give gifts to support agency

Surprise party benefits Port Cares

SARAH FERGUSON
 Tribune Staff

PORT COLBORNE — When then seven-year-old Dylan Gagnon saw individuals with kettles out and about around Christmas time collecting money for people in need, an idea popped into his head.

But it wasn't until last Monday that Gagnon was able to see his idea through. That's when the Grade 1 Steele Street Public School student celebrated his seventh birthday with donations to Port Cares in lieu of birthday presents, says mom Jackie Gagnon.

Gagnon says she wanted to instill in her son the importance of giving back

to the community so Dylan had a small gathering with family before his actual birthday.

On the big day, Dylan was taken out of school 10 minutes early, while his mom led a parade of his classmates to their home to surprise the seven-year-old with a big party.

"He (Dylan) didn't know he would be having a party with all of his classmates but we talked about having no presents," says Gagnon.

Instead of receiving presents, Gagnon says party guests were asked to make homemade birthday cards and donate \$5 to Port Cares. With the help of his classmates, Dylan donated \$70 to the organization.

■ SHOWBOAT THEATRE

City lays off Sue Patterson to cut back on costs

Tribune Staff

PORT COLBORNE — The former executive director of Showboat Festival Theatre

and general manager of Roselawn Centre has been laid off said the city's chief administrative officer.

Bob Heil said Sue Patterson

was laid off to cut back on costs while the city looks at what to do with the Fielden Ave. facility.

Festival Theatre ceased operations due to economic conditions. Patterson was executive director of the theatre.

Heil said she was also gen-

eral manager of Roselawn, which is also home to the city's community services and economic development departments.

"Those two (departments) are still there, that hasn't changed," said Heil, adding Showboat was a tenant in the building.



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■ COLLISION: Fenwick driver, 45, in improving health, OPP say



NOTICE OF PUBLIC MEETING

Proposed Zoning Change

PROPOSED CHANGE

The City of Port Colborne has initiated a Housekeeping amendment to add new provisions and update existing regulations in Zoning By-law 1150/97/81, as amended. The proposed amendments include:

1. New & Amended Regulations in the following sections:
 - 4.12 – Construction or Temporary Uses
 - 4.4 – Non-Conforming Buildings, Structures and Lots
 - 4.23 – Parking Regulations
 - 4.28 – Municipal Drains
 - 18.2 – Highway Service Commercial Uses Permitted
 - 22.2 – Light Industrial Uses Permitted
 - 30(b) – Special Exceptions
 - 31 – Definitions

2. New Regulations

- s. 4.12(d) To allow for a special event held by a charitable organization provided any temporary building or structure incidental to the event meets the minimum requirements of the applicable zone and remains on the land only during the duration of the special event.
- s. 4.28 To require a minimum setback of 9 metres from the top of bank of a municipal drain for any structure.
- s. 22.2(a) To permit "parking lots" as a permitted use in the HC (Highway Service Commercial) zone.
- s. 22.2(a) To permit a "crematorium" as a permitted use in the LI (Light Industrial) zone.

3. Administrative Changes.

HAVE YOUR SAY

Input on this proposed zoning change is welcome and encouraged. You can provide input by: speaking at the public meeting or by making a written submission to the City. Please note that unless you do one of the above now, you may not be able to appeal the decision later.

PUBLIC MEETING

Date: Monday March 11, 2013

Time: 6:30 PM

Place: City Hall Council Chambers, 3rd Floor
66 Charlotte Street, Port Colborne, Ontario

WRITTEN SUBMISSION

To provide input in writing, or to request personal notice of the decision of Council of the proposed zoning change, please send a letter c/o Ashley Grigg, City Clerk, 66 Charlotte Street, Port Colborne, Ontario, L3K 3C8.

MORE INFORMATION

For more information on the proposed change please contact Shannon Larocque, Planner at 905-835-2901, extension 202.

A copy of the Planning Division's Public Meeting Report will be available for inspection on Thursday March 7, 2013 in the Clerk's Division, located on the First Floor, 66 Charlotte Street, Port Colborne, Ontario, or on the City's website at www.portcolborne.ca under "Council Agendas".

LEGAL NOTICE

Section 34 of the Planning Act

If a person or public body does not make oral submissions at a public meeting or make written submissions to the City of Port Colborne before a decision on the proposed by-law is passed by Council, the person or public body is not entitled to appeal the decision of the City of Port Colborne Council to the Ontario Municipal Board. If a person or public body does not make oral submissions at a public meeting, or make written submission to the City of Port Colborne before a decision on the proposed by-law is passed by Council, the person or public body may not be added as a party to the hearing of an appeal before the Ontario Municipal Board unless, in the opinion of the Board, there is reasonable grounds to do so. If you wish to be notified of the decision of City Council in respect to the proposed by-law you must make a written request to the City Clerk.

Dated at the City of Port Colborne this 14th day of February, 2013.



Wainfleet chief building official John Boerema and fire Chief Harry Flagg inspect the damage to township hall after a vehicle crashed into the building early Sunday morning.

Truck smashes into township hall

MARYANNE FIRTH
InPort News Staff

WAINFLEET — A structural engineer today is expected to evaluate Wainfleet's township hall, which dates back to 1880, after a truck smashed into it recently.

The vehicle struck the original portion of the hall, causing what appears to be minor damage.

Several bricks were visibly damaged on the corner of the building.

If the structure is not damaged and repairs require only a cosmetic fix, it could cost roughly \$5,000, said Wainfleet chief building official John Boerema.

Fire Chief Harry Flagg, who was on scene Sunday to assist with the crash, said it was fortunate the vehicle did not enter further into the building, which leads to council chambers. As the damage does not appear to be major, the budget meeting scheduled tonight is

still expected to take place.

Flagg said to his knowledge, this is the first time a vehicle has collided with town hall.

Meanwhile the 45-year-old Fenwick driver who was first taken to Welland hospital then was airlifted in critical condition to Hamilton hospital is in improving health, Ontario Provincial Police said Monday.

The Hwy. 3 crash occurred at about 1:10 a.m. when a black pickup truck left the road for unknown reasons, smashing into the building police said.

Two other male passengers were taken to hospital with minor injuries. The collision remains under investigation with the assistance of the OPP traffic support unit. Witnesses are asked to call the Niagara OPP detachment at 905-356-1311.

maryanne.firth@sunmedia.ca

■ **GARDENING:** Falls gathering allows gardeners to exchange, buy seeds from each other

Celebration of seeds



Karen Kosbel, of Jordan, attended a Seedy Saturday event in Niagara Falls. The annual event is a celebration of open pollinated seeds, a seed exchange and an opportunity to buy and learn from gardeners.

RAY SPITERI
QMI Agency Niagara

NIAGARA FALLS — Not even less-than-ideal driving conditions were going to keep Jordan's Karen Kosbel from attending Seedy last Saturday in Niagara Falls.

"I always come because there's a great selection of heirloom vegetable seeds and that's what I like to grow," said Kosbel, while perusing the thousands of different seeds several gardeners and vendors were exchanging or selling at Glengate Alliance Church.

"I think you can get very different things here than you can't get just going to a store and buying your seeds. These are all heirloom, organic seeds that haven't been treated. They're open pollinated, so you can grow these veggies and then collect seeds from them and continue to grow them."

Niagara's seventh annual Seedy Saturday was hosted by Linda Crago, of Tree and Twig

Heirloom and Vegetable Farm in Wellandport.

"It's basically a celebration of heirloom and open pollinated seeds," she said. "The intent is when people come ... they pick up a packet of seeds, they go home, they grow them this summer, they come to the event next year having saved the seeds and they bring seeds back to exchange again."

Along with exchanging and buying seeds, visitors were able to learn about gardening and growing food by listening to expert speakers.

Crago said gardening, buying locally and growing their own food is becoming more popular.

"There's a lot of satisfaction from growing your own food and I think a lot of people are concerned about what they're buying, so they know if they're growing, they know how they've grown the food — that's important," she said.

"When you're at an event like this, you can talk to the seed vendor

and chances are they've grown the seeds themselves, so they have a very good idea what the characteristics of the vegetable or food are for the seeds they're offering."

Colette Murphy, of Urban Harvest Organic Seeds of Toronto, started her business 17 years ago and said back then, there was not as much diversity in the food system.

"It's very encouraging to me to see every year more and more people wanting to grow more of their own food," she said.

As for events such as Seedy Saturday, Murphy said: "It's much more of a community feel (than going to a traditional store)."

"You can talk to the person who grew it. It's like going to the farmer's market and talking to the farmer who grew your food, it's the same with seeds."

"They have a personal experience with it."

ray.spiteri@sunmedia.ca
Twitter: @RaySpiteri

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THE TRIBUNE



■ **HERITAGE WEEK:** In this case, culture is a thing of the

Artists take us back in time

DAVE JOHNSON
INPORTNews Staff

PORT COLBORNE — A look back in time is being provided by local artists whose creations are being featured during Port Colborne's Heritage Week celebration next week.

The talents of Orest Shypovskiy, John North and Brian Dennis, and a piece by an unknown artist, will be on display at city hall.

The artists' work, one piece each, will be inside a small cabinet in city council chambers and will be there for the month of February,

said Port Colborne Historical and Marine Museum assistant curator Michelle Mason and education program coordinator Sebastian Habjan.

"Every year there are different themes for Heritage Week," said Habjan.

The theme of cultural expressions was chosen to

celebrate this year's week.

The connection between heritage and the arts have played an important role in shaping the community, and the continued evolution of these expressions provides a practical tool for defining the community's collective past, the two said.

Habjan said it's important to remember local artists and the work they have done.

In conjunction with Heritage Week, the museum's L.R. Wilson Heritage Research Archives will re-open for the season, on Tuesday, Feb. 19. The Archives of Ontario's travelling War of 1812 exhibit

will be on display in the archives during March and April.

The exhibit will showcase some of the personalities and locations that played a role in the war and explores the events of the conflict as told through the correspondence and diaries of those who lived it.

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your legs and arm muscles do the work while keeping your back straight. Take a break if you feel tired or short of breath. Make sure you layer

your clothing. Stay hydrated by drinking lots of water or juice before, during and after shovelling. And when you're done, cool down by stretch-

ing your muscles. The association suggests frequent shovelling if there's a lot of snow coming down, so you can move smaller amounts.



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■ **JUNIOR B HOCKEY:** Pirates go 3-0 on the power play as they win their final game at Westside Arena

Powerful sendoff

BERND FRANKE
inPort News Staff

PORT COLBORNE — Zach DeConcils netted two goals and league scoring leader Dayne Phillips added a goal and an assist as the Port Colborne Pirates skated to a 5-2 victory in the junior B hockey game at Westside Arena.

Pat Murphy and Nathan Judd Warren also found the back of the net for the Don Cherry's Port Colborne Pirates in Sunday afternoon's come-from-behind win over the Stoney Creek Warriors.

Port Colborne cooled off one of the hottest teams in the Greater Ontario Junior Hockey League by continuing to play what head coach Bryan Kelly called "playoff hockey."

"The guys have been playing great, they've been on a hell of a run," Kelly said after his team earned at least a point for the 10th game in a row and for the 14th time in 16 games.

He said the remarkable run has been the best he's seen

the team play in his four years with the team.

"It's finally come together for us. We're getting ready at the right time."

Port Colborne, which outshot the Warriors 47-25 before an announced crowd of 347, completed a sweep of the season series with Stoney Creek seven wins to none.

Stoney Creek opened the scoring and outshot the Pirates 15-10 in a first period that had the teams deadlocked at two-all heading into the break.

It was all Port Colborne after that as the Pirates outshot their visitors 37-15 the rest of the way to improve their record to 34-11-0-3, one point back of the 34-8-0-4 St. Catharines Falcons in the race for first in the Golden Horseshoe Conference.

Kelly, whose team lost the playoff championship to St. Catharines in a six-game final, said while topping the eight-team conference would be a "bonus," it's not a "requirement."

"It would be a nice, but making a deep run in the



Port Colborne Pirates defender Nathan Judd Warren, right, is checked by Stoney Creek Warriors defender Blake Lumscombe in Sunday afternoon junior B hockey at Westside Arena in Port Colborne.

JOE CSEH Tribune Photo

playoffs is what we're all about this year. We want to get back to the final and see

what happens after that." James Cordell and Zach Nieminen replied with

power-play goals for the Warriors who had won four of their last five.

FALCONS 6, PIRATES 5 SO

Bryan Komasa scored two goals, though none in the shootout, as Port Colborne failed to gain ground on St. Catharines.

Michael Sharp, DeConcils and Sharp also were unable to beat Falcons goaltender Stormer Santana in penalty-shot overtime in Friday night's game at Jack Gard Cliff Arena.

Nick Berst, Dylan Burdick and Dima Lavrenko scored in regulation for the Pirates who came into the game tied with the defending Sutherland Cup champions.

Yanni Rallis, with two goals; Jordan Bailey, Greg Jambrosich, Jesse Miller and Dan MacEachern, in the fourth-round of the shootout, scored for St. Catharines.

Port Colborne returns to the ice Thursday for a road game against the Thorold Blackhawks. The Pirates host Niagara Falls next Sunday in their first game in the Vale Health and Wellness Centre.

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W. Gifford-Jones, MD

Dr. Gifford-Jones is a graduate of the University of Toronto and The Harvard Medical School. He trained in general surgery at the Strong Memorial Hospital, University of Rochester, Montreal General Hospital, McGill University and in Gynecology at Harvard. His weekly medical column is published in 70 Canadian newspapers and reaches six million readers.

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